Healthcare experts suggest the importance of a well-balanced lifestyle in curbing illnesses. However, a study found another important factor in easing diseases, including those that are triggered by high cholesterol.

Based on the most recent survey conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), one in every ten Filipino adults has high cholesterol, while 21 in every 100 are in borderline high. While it is important to keep proper nutrition and lifestyle in check, a study published in the Pharmaceutical Research and Manufacturers of America suggested that successful treatment of diseases require consistent intake of medications as indicated by doctors.
Proper medication adherence is found to be an effective way of managing, if not averted, known diseases," said Tomas Marcelo Agana III, president of Pharex HealthCorp. "That's why for people with high cholesterol, we want them to bear in mind that good compliance to medication will keep their cholesterol levels at ease and eventually, improve the quality of their lives."

Almost one-third of patients discontinue their medication earlier than instructed, leading to poor clinical outcomes, high healthcare costs and lost productivity." However, for some people who wish to continue their medication, Agana noted that certain factors like budget constraints may keep them from doing so.

This is why Pharex HealthCorp., the most prescribed generic brand of medicines, offers its 15-day Compliance Pouch for high cholesterol.

The new Pharex 15-day Compliance Pouch for high cholesterol is designed to help patients comply with their medication while saving on costs. It helps patients maintain their cholesterol at its normal and desirable levels, keeping them from acquiring the worst consequences of high cholesterol.

Cholesterol is a type of fat (lipid) in blood that plays vital roles in the body system's day-to-day functions. However, too much of it can clog and harden arteries, the blood vessels that carry blood away from the heart.

Because of this, the normal blood flow is suppressed, affecting one's body system. High cholesterol triggers the development of different cardiovascular diseases like stroke and heart attack, and other health problems like renal failure.

"This product is specially produced to fight low-density lipoprotein (LDL) cholesterol, which is often referred as 'bad' cholesterol," said Agana. "With the new Compliance Pouch for high cholesterol, patients can continue their medication without worrying about ceiling-high costs."

Agana concluded, "Complying to your medication is a high priority, but while healthcare providers give the best advice to ease cholesterol levels we are no less responsible for our own health. On top of proper medication, we also have to prioritize proper diet and exercise. At Pharex HealthCorp., we will aim to provide the best possible care that every Filipino deserves."

The new Pharex Compliance Pouch is available in all leading drugstores. For more information, please contact 4338088 (local 820).